



Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

Amy Rogers – Principal

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Advice for Year 6 pupils to Self-Isolate for 10 Days

Dear Parent/Guardian,

We have been informed of a positive case of COVID-19 within the school from a lateral flow device (LFD) and further testing is underway.

- Following national guidance for educational settings, children should stay at home and self-isolate until 24th July 2021 (10 days after contact):
<https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person>. We are asking you to do this to reduce the spread of COVID-19 to others in the community. If your child is well and has not tested positive at the end of the 10 days period of self-isolation, then they can return to usual activities.
- Other members of your household can continue normal activities, provided your child does not develop symptoms within the 10 day self-isolation period or tests positive.
- All members of the household aged 11 and over should continue to do their regular LFD test twice a week (every 3 to 4 days).
- Anyone with symptoms should get a PCR test as soon as possible and isolate with the household. <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Please also inform the school of any positive result.

We will inform you if there are any changes to this situation as if the PCR test comes back negative, there is a chance pupils can stop isolating and come back to school. We will also inform you if we need to request you/your child take any further measures.

We understand that this will be very disappointing for you and your child but we will work really hard today to get together plans for how we can still celebrate the pupils' end of the year through virtual events and activities. We will contact you as soon as we have been able to put together a detailed plan of action for Year 6 and update you on the situation as soon as we know.

Many thanks for your assistance with this.

Yours sincerely

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Mrs Amy Rogers
Principal



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Below is an information sheet with further details:

Factsheet on COVID-19 for educational settings

What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19 they need stay at home and self-isolate immediately and get a test through <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. Your household needs to isolate too. This includes anyone in your 'Support Bubble'.

If your child tests positive, your child and household need to continue isolating for at least 10 days from the date when their symptoms appeared (or date of their positive test if they do not have symptoms). Add your child's details to NHS Test and Trace and inform the school/educational setting so that other close contacts can be identified and advised to isolate.

The isolation period includes the day their symptoms started and the next 10 full days. This means that if, for example, symptoms started at any time on the 15th of the month, the isolation period ends at 23:59 hrs on the 25th. In the absence of symptoms, the isolation would start from the date of the test was taken and continue for ten days after this. If the person does not have symptoms when testing positive but goes on to develop symptoms, the isolation is extended for ten days after the onset of symptoms as explained [here](#) (in the "if you tested positive" section). If other household members become unwell they need to extend their isolation period.

If your child does not get tested they will need to isolate with the household and support bubble for at least 10 days from the onset of symptoms.

Household members should not go to work, educational setting or public areas and exercise should be taken within the home. If you require help with buying groceries, other shopping or picking up medication, or walking a dog, you should ask friends or family or you can order your shopping online and medication online or by phone. There is also support available for those are self isolating: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-and-financial-support-while-youre-self-isolating/> Household members staying at home for 10 days, will greatly reduce the overall amount of infection the household could pass on to others in the community.

Those who are [clinically extremely vulnerable](#) should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

Symptoms of COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- A new continuous cough and/or
- A high temperature and/or
- A loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-COVID-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-COVID-19/>

Further information on rapid lateral flow tests are available at: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Guidance in different languages:

<https://www.gov.uk/government/publications/COVID-19-stay-at-home-guidance>